

TITLE OF THE ABSTRACT

BODY MASS INDEX IN THE 1ST TRIMESTER OF PREGNANCY TO PREDICT
MATERNAL AND FETAL OUTCOMES

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OBJECTIVE :

Effect of obesity as classified by Body Mass Index during first trimester on maternal and fetal outcomes in pregnancy among women having antenatal care in tertiary care hospital in South India

METHODS :

The study was conducted in department of General Medicine and Obstetrics and Gynecology at Christian Medical College Hospital, Vellore. All pregnant women who came to CMC for delivery and fulfilled the inclusion criteria was included after informed consent. Maternal and fetal outcomes were evaluated based on body mass index in first trimester of pregnancy.

Knowledge, attitude, practice of nutrition and physical activity was evaluated based on specific questionnaires. The association of obese/overweight and normal was done using Fisher's exact test. All significant variables were analyzed using logistic regression and Adjusted OR were calculated.

RESULTS AND CONCLUSION:

Obese or overweight women were found to have 2.13 times risk of developing gestational diabetes than underweight or normal. The risk of developing gestational hypertension was 2.97 times in obese or overweight than normal or underweight groups. Body mass index did not show any significant association with preclampsia, mode of delivery, postpartum infection, preterm delivery, macrosomia and NICU admission at the end of regression analysis. There was no difference in the physical activity index, nutritional knowledge and practice among underweight, normal, overweight and obese pregnant women.

KEYWORDS:

Body mass index, Maternal and fetal outcomes, Gestational diabetes, Gestational Hypertension